



## Spicy Mashed Avotatoes

*Don't peel the potato skins. They add fiber and vitamins!*

**Makes 6 servings. 1 cup per serving. | Prep time:** 10 minutes | **Cook time:** 12-15 minutes

- 2 pounds russet potatoes (about 4 large potatoes)**
- 1 cup prepared Pico de Gallo salsa**
- ½ cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses**
- 3 tablespoons light sour cream**
- ½ teaspoon salt**
- 1 (4-ounce) can diced green chiles, drained**
- 2 ripe avocados, mashed**
- 2 tablespoons chopped fresh cilantro**

1. Scrub potatoes clean and place in a microwave safe container. Poke potatoes with a fork and cover with a lid or plastic wrap. Make sure the plastic doesn't touch the potatoes. Microwave on high for 7 or 8 minutes. Pierce with a sharp knife to see if potatoes are tender. If not, microwave for a few more minutes. (Potatoes may also be boiled and drained.)
2. Mash potatoes well and stir in salsa, cheese, sour cream, salt, and chiles. Microwave for another minute or two.
3. Stir in avocado and cilantro and serve immediately.



**Nutrition  
information  
per serving:**

Calories

**230**

Carbohydrate

**33g**

Dietary Fiber

**7g**

Protein

**6g**

Total Fat

**10g**

Saturated Fat

**2.5g**

Trans Fat

**0g**

Cholesterol

**10mg**

Sodium

**450mg**

